

NCAHA NEWS

Your monthly communication from the North Coast Allied Health Association



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Message from the Board



**Professor Susan Nancarrow,
Chair, NCAHA Board**

It seems that ‘connecting’ is the theme for NCAHA this month.

Our ‘Connecting with Telehealth’ workshop is scheduled for 12 November in Port Macquarie, and a Speed Networking event for Allied Health Professionals and GPs will take place on 10 November in Ballina.

We are privileged to have Professor Stuart Smith presenting at the Telehealth Workshop. Professor Smith is an international researcher and leader of

interactive digital technologies. He will demonstrate how telehealth is more than just a video conference and how digital literacy will be a requirement for Allied Health. The Telehealth Workshop is interactive and therefore places are limited. The closing date for registrations is 4 November, so register now while places are still available:

<http://ow.ly/nCGz305hao1>

Further connections will be made between Allied Health Professionals (AHPs) and GPs at the Ballina Speed Networking event. This is an opportunity to share food and stories while meeting practicing GPs and AHPs in the Ballina/Byron referral network. Come and learn about available services in a fun, social setting. There is no charge to attend, but registrations are required:

<http://ow.ly/KEFA305haBd>

We thank the Ballina/Byron Clinical Society for sponsoring this event and being so welcoming.

More of these events will be rolled out across the North Coast in the New Year with the support of North Coast Primary Health Network (NCPHN). We’ll keep you informed as things progress.

An important way that AHPs can stay connected and be represented across the North Coast is to have a voice on health-related boards, committees and groups. In this regard, NCAHA has nominated an experienced and passionate physiotherapist for a position as Director on the NCPHN Board. The outcome of this process should be known by early December.

We trust you will enjoy October’s newsletter and we are always open to your new ideas.



North Coast **Allied Health Association**

“Connecting with Telehealth”

Interactive Half-Day Workshop



12 November 2016, Port Macquarie



Presenter: Professor Stuart Smith

Explaining: The relevance of telehealth modalities and possibilities for improving services through telehealth innovations.

**Saturday 12 November 2016
1pm – 5pm**

**Rural Medical School, University of NSW,
Port Macquarie**

\$150 - Non NCAHA members
\$130 - NCAHA Members
\$45 - student rate (ID required)

Limited spaces available.
Registrations close 4 November 2016.

For more information: www.ncaha.org.au

Contact North Coast Allied Health Association
Phone: 02 6618 5400 Email: enquiries@ncaha.org.au



**Andrew Alchin,
Occupational Therapist**

It was Andrew's personal experience of Occupational Therapy as a child that sparked his interest and passion in the profession. Having mild cerebral palsy, he had early first hand exposure to OT and physio, and in high school he sought work experience opportunities to observe the work of an OT in a rural hospital, rehab and the community setting in Goulburn.

From there, Andrew knew that OT would be his future career, he loved it.

Growing up in the small country town of Gunning, Andrew's fortunate to have had both metropolitan and rural/regional employment experiences.

After completing the first year of his OT degree at Charles Sturt University in Albury, Andrew transferred to Western Sydney University and graduated with a Bachelor of Applied Science (OT) in 2008.

While still studying Andrew was employed as an OT technical assistant in a rehab hospital in Sydney.

"This was an awesome opportunity to see the theory that I was learning at university put into practice, in addition to my clinical field work placements," he said.

His first job as an OT was at a new private rehab hospital in Sydney where he was able to develop and refine his core skills as a new graduate.

"My career opportunities and positions to date have been quite diverse. I have worked in community based disability services with Ageing, Disability and Home Care (ADHC) in Western Sydney. A large proportion of my career has been spent working in the acute setting at Nepean Hospital in Penrith where I predominantly worked in the practice areas of acute stroke, intensive care and general medical for close to five years.

"Working with those who have had a stroke or neurological condition is a particular area of passion and interest to me. During this time, I was also involved in quality improvement activities and was the Chair for the Nepean OT Patient Safety and Quality Committee."

In January 2015, Andrew and his partner moved to the Northern Rivers and Andrew worked with ADHC locally before working with NSW Health at the Tweed Hospital and Murwillumbah District Hospital. For the past six months, he's had the position of Senior

Occupational Therapist in the new inpatient rehabilitation unit at Maclean District Hospital.

Andrew said this was a fantastic opportunity to be involved in leadership and service development as his role involved establishing the rehab OT service and providing clinical services in the inpatient rehabilitation unit.

In mid-October Andrew will be again employed by ADHC in Ballina working with clients and families in the lead up to and transition across to the NDIS, with eventual transfer to the NGO sector. He's looking forward to the challenges of working in the sector at a time of great change.

Supervising students is an area that Andrew's particularly passionate about.

Andrew says his professional satisfaction comes from helping people to overcome their unique challenges and barriers to enable them to participate fully in life and community. He sees himself as an advocate for his clients.

He describes one case that was particularly rewarding.

"It was a young stroke patient (late 30s) who presented with dense right-sided weakness and who was fully dependent in all mobility, transfers, and self-care tasks. After many months of intensive rehabilitation, the patient was able to return home to her young family with largely regained independence in her mobility and self-care tasks using one-handed compensatory techniques, adaptive equipment and appropriate home modifications.

"It was very satisfying and rewarding to be such a large part of her journey and to guide and watch her remarkable recovery due to her huge efforts in rehabilitation."

Andrew would recommend OT to young people as it's such a diverse job, with no room for boredom.

"OT is one of those rare jobs that allows you to use a combination of science and everyday occupation to enable people to be as independent as possible and to participate fully in the activities and roles that are important to them in their community.

"And the demand for OT will continue to rise; particularly with our ageing population and with the introduction of the NDIS."

Andrew has particularly appreciated the professional development opportunities that the NCAHA has provided.

"I'd like to see the NCAHA continue to advocate for improved levels of staffing and resources for Allied Health in our beautiful North Coast area."

Is my child normal? How do I manage this behaviour? Should I be worried? Is my child ready for school?

These are not uncommon questions asked by parents, and the answers do not always come easily. HealthPathways can now provide assistance to clinicians in managing these questions with the recent publication of a series of Child Developmental and Behavioural topics. These include:

- **Developmental Concerns in Children**
- **Behavioural Concerns in Children**
- **Autism Spectrum Disorder**
- **ADHD in Children and Youth**
- **Temper Tantrums**
- **Sexualised Behaviour in Children**

The pathways provide information for clinicians, useful screening tools, information for parents and important referral information to Early Intervention Services and Allied Health Providers. They emphasise the importance of a multidisciplinary approach in both making a diagnosis and in the ongoing management of these children. They also emphasise the importance to both clinicians and parents that a diagnosis will likely not be made quickly.

Development is a dynamic process and it is best assessed by regular longitudinal assessment and input from other providers. Clinicians are encouraged to remember that any consultation in the primary care setting is an opportunity for developmental and behavioural assessment in children. Early detection of developmental delay or significant behavioural problems and early referral for assessment and management is important as it improves long term outcomes.

<https://manc.healthpathways.org.au/25013.htm>

Username: manchealth

Password: conn3ct3d

For further information about HealthPathways please contact:

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(Mid North Coast)

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(Northern NSW)



My Health Record

The growth of My Health Record (MyHR) has seen over 4 million consumers and 9,000 health care providers using the platform nationwide.

All public hospitals and a large majority of general practices are using MyHR across the North Coast. In September alone there were over 2,300 discharge summaries, 1,700 shared health summaries and over 10,000 prescription records uploaded into the MyHR platform.

NCPHN is now looking to increase the uptake of MyHR by Allied Health Practitioners across the region.

If you're interested in learning more about MyHR and what it can do for your patients and your practice, please contact:

Tony Browne
Senior Project Officer - Digital Health
North Coast Primary Health Network
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tbrowne@ncphn.org.au



ndis

The National Disability Insurance Scheme (NDIS) provides support to people with disability, their families and carers. It is jointly governed and funded by the Australian and participating states and territory governments.

A quick guide to the NDIS is available at:

<http://ow.ly/1NpP305h7md>

The Northern NSW Health Literacy Project Launch



Project Launch 8:30am - 12noon

Northern NSW Local Health District and North Coast Primary Health Network are launching a Health Literacy Project to:

- Improve health communication
- Support people to access, understand and act upon health information and services.

Keynote Speakers: Wayne Jones, Vahid Saberi & Elizabeth Meggetto. Visit link below for more details.

Who should attend the Launch?

- ✓ Health leaders
- ✓ Health managers
- ✓ Health workers
- ✓ Health policymakers
- ✓ Health consumers
- ✓ Anyone who wants to know more about Health Literacy, and what we are doing in Northern NSW.



Health Literacy in Action Workshop 12:30pm-4pm

An interactive workshop delivered by Elizabeth Meggetto, NNSW LHD and NCPHN. The workshop will cover:

- Writing Patient Friendly Information.
- Using Teach-Back to confirm understanding.
- Checking your organisational health literacy.
- Plan your own health literacy project.

Who should attend the Workshop?

- ✓ Health leaders, managers and workers who want to lead the way in health literacy.
- ✓ Anyone with an interest in effective health communication.

Places are limited.



WHEN:

Friday, 18 November 2016

TIME:

Launch: 8:30am - 12noon

Light lunch: 12 - 12:30

Workshop: 12:30 - 4pm

WHERE:

Ballina Surf Club

Lighthouse Parade

COST: Free



To register for the morning Launch and/or afternoon Workshop, visit:

<http://nswhealthliteracylaunch.eventbrite.com.au>

CONTACT:

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Health
Northern NSW
Local Health District

Speed Networking, Ballina

Would you like an opportunity to meet some of the practicing GPs and Allied Health Professionals in your referral network?

North Coast Primary Health Network invites GPs and Allied Health Professionals to attend a Speed Networking event in Ballina on 10 November 2016.

Register online at:

bbcs-november2016.eventbrite.com.au

Physiotherapy Symposium, Lismore

A Physiotherapy Symposium will be held in Lismore on 29 November 2016. This is an excellent opportunity for local physiotherapists to network, discuss current treatments and access professional development.

Presentations include:

- Physiotherapy in the Emergency Department
- Effects of exercise on bone health
- Telehealth physiotherapy assessments
- Ankylosing Spondylitis
- Methamphetamines and medical marijuana and the implications for physiotherapy
- Hand injury and physiotherapy

Contact larisa.barnes@ucr.edu.au for more information.

Upcoming Events

Click the event titles to learn more.

26 October

Cultural Awareness Training, Tweed Heads

27 October

CPR Update, Coffs Harbour

27-29 October

2016 SARRAH National Conference, Port Lincoln

2 November

CPR Update, Kempsey

2 November

Brain Development and Strategies for Best Practice, Robina

9-11 November

2016 NSW Rural Health and Research Congress, Tweed Heads

10 November

Ballina-Byron Clinical Society Speed Networking, Ballina

10-11 November

Domestic Violence Response Training, Grafton

11 November

Driving Into The Future Forum, Sydney

11-12 November

Foot and Ankle Bracing and AFOs, Gold Coast

12 November

Telehealth for Allied Health Professionals, Port Macquarie

25 November

2020 Vision – Innovations in Mental Health, Byron Bay

24-26 November

Domestic Violence Response Training, Lismore

29 November

Physiotherapy Symposium, Lismore

More Events

Visit www.healthynorthcoast.org.au/events to view the Healthy North Coast Practitioner Events Calendar.

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